

Caspar Szulc:

It wasn't that long ago when things considered taboo today, were part of our normal culture. If you think back to the seventies, what comes to mind for you? You may be thinking of the music of that decade groups like the Rolling Stones or Led Zeppelin, or you may be thinking what many called the time of love, sex and psychedelics. And that's the topic of discussion for this podcast? Sexuality, medical journeys with psychedelics may seem like touchy subjects, but should they be? And if you use properly, are they really healing? I know I've grappled with this idea of psychedelics as medicine for a little while now, I've asked doctors and experts in the healing arts, and there are lots of opinions and perspectives on the subject.

Caspar Szulc:

That's why I'm bringing on one of my favorite people to talk about these subjects. She's someone I greatly respect. And here are some of the reasons why she's an icon in the fitness industry, holds a PhD in natural medicine is a sham in following the native American Hopi tradition, a Reiki master and is studying. And there's some awesome people like Dr. Joe Dispenza and Dr. Bruce Lipton. She's also the first person to make their repeat appearance on this podcast. I simply can't say no to her when she has something to say, this is the story of Sex and Psychedelics with Dr. Stacy Berman.

Caspar Szulc:

This idea of psychedelics microdosing, Michael Pollan and Tim Ferris, all of these people, right? And I get it a lot to a lot of the patients, especially younger ones come to me with some issues that they're, they're going through some sickness, some ailments and there is an emotional side.

Caspar Szulc:

And they feel that this will help them break through. I have always been conflicted same as my father has always been there. There is no panacea. This is not an easy fix of just take this and you'll be better and open your mind and suddenly see the world differently. Does it happen? Absolutely. But, and I want to hear yours because you've really dealt with shamanism and experienced that. But from my even understanding, and shamanic kind of rituals with this, it's sort of whatever happens, happens, you know, the shaman gives us to you and if you bug out and jump off that cliff, that's, what's meant to be, you know, and it's like, Oh, that's, that's kind of rough, but, but you know, I don't know what people are kind of thinking, experiencing through this. So can you give your experience that, can you kind of enlighten us as to what this means to, to go on a medicinal journey like this?

Stacy Berman:

So, so medicine journeys, I think to your point that what I always tell people

Stacy Berman:

Is you're going to get what you need, not what you want. And so one of my last the last clients that I took on medicine journey, she was like, I want to be a mermaid, wick, ferry. And I was like, okay, so the medicine gives you what you need, not what you want. And while having a bad trip is never fun. What I can say is that if you're having a bad trip, those were emotions that were stocked somewhere inside of you that needed to come out. And so through the process of medicine journey, you almost bypass the conscious mind. So you, while you're in medicine journey, I mean, depending on how much medicine you take, but in all of the medicine journeys that I've done and I've done quite a number there was a part of me that recognized that I was still here. I wasn't completely off my head and I've taken a lot.

Stacy Berman:

So I never lost myself completely. So there was always that presence of, of I'm here, but it bypassed the ego, it bypassed, the defenses, it bypassed, the coping strategies and coping mechanisms and got in symbolic form to whatever you need to deal with at that moment. So if I needed to deal with healing from, I mean, I'll take you through my first medicine journey was I had I had recently had an abortion. And that was, I chose to have the abortion, whether or not I, whether or not a women woman chooses it, it's still a very painful thing to go through. So emotionally I was grieving. I was grieving not only the abortion that I had, but I was also grieving my relationship with my mother, which has never really been that great. And then I was also grieving, or maybe I was working on this thing of rejecting myself as mother.

Stacy Berman:

So there was multiple levels of emotions that were going on, and I did the medicine journey in Sedona. And I remember having this experience where, what I saw was almost this womb. I was inside of the womb, hugging myself. And in that moment, I recognize that this whole time I had been pushing myself away. I have been rejecting a part of myself that was mother energy, let's say. And the reason I did that was because I rejected my own mother and I felt rejected by my own mother. And so I never wanted to be that. So, but, but not by not being that, I was also rejecting myself. And so, as you can imagine, when you reject any part of yourself, when you disconnect from any part of yourself, there are emotional, psychological, and even physical issues that you have to deal with. So in this medicine journey, I was able to see that clearly I was able to see it, like a movie was playing in front of me. I was able to feel what that felt like.

Stacy Berman:

The medicine journey lasted maybe six ish, hour, seven ish hours. And then there's a time of integration where I work with my teacher for a few days. And then of course, after that, I have to do the work. The medicine is great because it removes the ego. It removes the conditioning and it gives you the clear picture, but that's not the end of it. You have to then go on and do the work to integrate whatever the lessons were. So to your point of like that, people want to do it. And they're going to, it's going to change their whole life. You will get, you will probably get some great insights and then you have to do the work

Caspar Szulc:

What was in your case, it seems like that symbolism was clear to you. Right? You saw it, you understood it. I've heard other people that they, they saw things, but they weren't quite understanding why they were seeing it. Is that on, is that a person, a person case is that different for, you know, different people what's going on there, that your symbolism was so clear and you took, it were able to do something positive where others just have a trip and it's like a fun thing. Almost. They don't, you know, they saw some crazy things and then just go on with their lives almost. And it doesn't seem like that symbol came to them as clearly of what they should do.

Stacy Berman:

Yeah, I think, I mean, I would, I would question if someone was having a lighthearted great, great experience in a setting of healing, they're probably not doing the work. So they probably didn't even start the work when they got there. They were probably like, I just want to go trip balls. But that's one thing. The other thing with the, with the symbology stuff, like I've learned to read my, my symbology,

I've done dream interpretation myself. I'm pretty aware of what these things mean for me. So I already went into having this understanding. The thing that I can say is that what is true is the feeling of it. The, the symbols are just the way that your subconscious is trying to explain the feelings to you. So I'll give you an example. I worked with a woman who she had a feeling that she had possibly been molested as a child.

Stacy Berman:

She had no memory of it. It was showing up in her body in terms of tension like that, you could see her body was constricted. We did medicine journey and she saw a visual of the molestation and she felt whatever that feeling was. Now, I can't say yes or no. She was molested based off of that. What I can say is that feeling that she experienced on the medicine journey was a feeling she had felt before. And her brain was trying to her subconscious was trying to tell her in a way that her intellect could understand it. It's like, okay, you had this feeling. What's a, what's a scenario I can play for you to get you to understand. So does that make sense? It's not necessarily the, it's the feeling that you want to connect to within the medicine journey. And the visual is like, that's, those are the details of it,

Caspar Szulc:

Right? And of course, I think you need to go in with an intention and then there is interpretation. You need to understand yourself. And that's, that's a big part. I think of healing in general is understanding yourself, keying into some certain things that you see over and over the lessons that need to be learned. Now, if you're going through this and you're getting those kind of hints at something, is it necessary sometimes to have multiple journeys to keep opening doors? Or is it some, or is it like a, during your journey, you should be given the clues and the answers during it and others are not necessary.

Stacy Berman:

I mean, I think that's more of a individual choice. What I can say is you are not getting all the answers in one medicine journey. So, I mean, just like healing, you never get, it's not like here's your list. And now work on this for the rest of your life,

Caspar Szulc:

Because I think that's what a lot of people think. They're just like, I'm going to take this and I'm going to have this revelation and all will be, well, I will raise my consciousness to sell high. And I'm going to be above this earthly world and live happy and healthy. I mean, that is a little bit of a narrative I've heard from some people I'm like, bullshit. I'm sorry. I got to called it out, man. Nothing works that way.

Stacy Berman:

Yeah. That's not, that's not at all how it works. It will, again, it will give you what you need in this moment. You have to do the work. And then if you want to go deeper, you go deeper. And there's always going to be layers. There's always going to be layers that are coming off. So yeah, like in an ideal world, if you are really looking to heal yourself yeah, it wouldn't be more than it wouldn't be one time. It would probably be a number of them over an extended period. I mean, I don't mean like every weekend. I mean, like, you know, you might do one a year for a number of years or, you know, whatever it is, but your, your healing doesn't happen instantaneously. You might have a epiphanies instantaneously, and those things you can use to develop the total healing program around yourself, but you're not getting every, you're not getting all the answers in one go.

Caspar Szulc:

Sure, and that makes sense that that is healing. In a nutshell, it's never one it's peeling back layers and your subconscious deals with that as well. As your conscious level.

Stacy Berman:

Yeah.

Caspar Szulc:

How important is it to have a guy that you trust or a guy that understands what they're doing? Is that like number one, even above what you're taking,

Stacy Berman:

Number one, number one. Yes. You have to feel safe. I remember having this conversation with someone, their friend did mushrooms, not, not in a healing setting, but like just for fun, and then went to a time square. And I was like, you have just set yourself off for a horrible trip.

Caspar Szulc:

It's the last place you want to be.

Stacy Berman:

So I think the person that you work with is of utmost importance, because they're going to be the ones who are providing the container for you. And you want them to be able to hold the space for whatever you have to go through. You have to trust that if, and when it gets down to some deep grief or pain or hurt or whatever emotion that is buried somewhere inside of you, that this person can stay there and hold that for you as he goes through it. And if you don't have that container, that's, that's gonna cause other issues it's gonna, especially while you're in the medicine, especially while you're everything is your perception is very different. If you don't feel that safety. I mean, it's just like, if you think of it kind of like I'm a parent and a child, if that child doesn't feel safe to explore, they're not going to explore. And so in that capacity, a shaman is almost like your energetic parent. You're like, I have you, you can do whatever you need to do. And I'm still going to have you, I'm still going to be here. And I see. And so that's why I think it's really important to trust the person that you're doing it with.

Caspar Szulc:

Yeah. So would you recommend building a relationship with that person beforehand? You know, sometimes you just have a feeling, God, you know, I've heard they're good people. I hear this. Sometimes when people go on these journeys and yeah, they were recommended are good. I'm just going to go do it where I was like, well, do you really know them? And maybe you do that. But even I say in medicine, you know, you go in, you don't actually perform treatments until you build a little bit of a relationship with a doctor. At least that's the way I see it at our clinic. You have a few meetings and then you decide whether you want to go through there or not.

Caspar Szulc:

Yeah. Yeah. I mean, I agree. I've worked with, I mean, my teacher, I worked with for eight years, so like there was a trust built up between us. I knew she wasn't going to do anything to hurt me. I've heard of stories of people that, you know, you go to like a yoga studio somewhere and like you do lowasca and

then like, you know, you go off into the street in New York city and finish your day or, you know, continue. And I'm just like, that seems ridiculous in the context of healing. And also, yeah, I personally like to work with people leading up to medicine journey, you know, it's really funny, this difference in men and women, Most, almost all the women I work with. There's no resistance, so I can say something to them and they might not completely understand it yet.

Stacy Berman:

But they don't outwardly reject it. Men are so fucking resistant. They so ego, so much ego and I get it, they sell like their conditioning. They can't be seen to be vulnerable. And like, I completely understand that, but just sitting there, I had this conversation with someone that I'm going to do a medicine journey with soon, and we were talking about something and he was talking about these relationships he's in. And I was in his words, he says, you know, I think she just thinks I'm not enough. And so I'm like, what that's reflecting back to me is that you don't think you're enough. And he's like, no, I think I'm enough and put into this whole story. And then we get to another part of the conversation where every person he's ever been with has cheated on him. And, you know, I don't know, maybe I'm not enough. And I'm like, and there we are.

Stacy Berman:

So it's like that with men, I find it's very interesting having to like skirt the ego. How do I get you to see what I'm saying without coming up against the ego? I'm so, and so to your point, especially with men, I feel like I need to put in some work leading up to it. So I know what their ego looks like when it's coming. Like, I worked with this one guy and anytime I saw his ego, I was like, give me 50 pushups. And he would do 50 pushups. He would come back and he was like, okay. But it's like, there has to be some way to break through that ego and to do it in medicine journey is, you know, okay, we can do it that way, but like, let's break the ego first and then get to, you know, the ego is just your vigilant self, trying to protect the vulnerable self. So if we can get past that and just get to the vulnerable stuff, then like you're going to progress faster.

Caspar Szulc:

You're clearing the path for, for seeing more, right. It's like detoxing the body before you do any therapy, makes the therapy that much more effective.

Stacy Berman:

Exactly. That's exactly the idea. Is that what the ego? Yeah. I'm like, can I just, can I choke you?

Caspar Szulc:

That's tough. And a lot of people don't realize what the ego is or that it's there or that it's so strong, you just live with it. It becomes an, and it feeds off of this needing more and more and more so it's, it's a, it's a very difficult thing to break through and, you know, I'm breaking a little bit of a down and going into that journey. Sounds like it could be quite a revelation to many people, especially men.

Stacy Berman:

Yeah. Well, I'm doing, I'm actually doing a men's circle this upcoming weekend. And I think it's going to be very interesting because first of all, you have a few men in the group, so there's already the like interpersonal competition. I'm like in my head, I'm like, you're all going to be solving like little children and two hours. Can we just not do this?

Caspar Szulc:

Oh Gosh, I wish I could see that.

Stacy Berman:

So it's really yeah, the ego is we become, we start identifying with the ego. We think it's our personality. But if we recognize that that personality is just a protective mechanism, then you know, that makes it, it just makes it a lot easier to work with. It's like, you're coming to me and now you're resisting me. Why that's the ego? That's your personality, your defense mechanism. And it's like, can we just put that over there for a sec? So it's all a process. And you know, just like what you do at Innovative Medicine, it's not a end all be all solution to everything, but it is a way to get directly to the thing that you need to focus on in this moment for your healing.

Caspar Szulc:

Is there anyone you would say that is not suitable for a medicinal journey? I mean, if they're coming to you and seeking it, it seems that they already have some intention, but what other things are almost prerequisites that you'd say would, would be necessary?

Stacy Berman:

So, I mean, I first, the first thing is if you're seeking it and there's probably something in that I would say, you know, obviously I, I, I personally wouldn't work with anyone who is on psychiatric medication. I would work with them leading up to it to see where they're at. I've worked with people who wanted to do medicine journey. And after three months of working together, I've decided like, you're not ready to do this. And so it's really dependent on how receptive I think they are.

Caspar Szulc:

And you were making a judgment call on that too. Right. You're feeling it out and seeing it and you're guiding them because it's not in the end. It's probably your decision, correct. To guide them. If you don't, if you say you're not ready, they could say, I want it, but you have to be responsible.

Stacy Berman:

Yeah, exactly. I'm going to be the one doing this for you. And if I feel like you're not receptive to this yet, then I don't want to take that on. So, and I can take on a lot. I am ready. You know, I am ready to deal with a lot of stuff, but if I recognize that there's part of you that just is not ready to do it. I'm going to, I'm going to say, this is not, this is not happening.

Caspar Szulc:

Yeah. Are you using different substances on these trips on these journeys? Are you using just medicinal mushrooms or lowasca or what, what are you doing?

Stacy Berman:

The medicine that I work with with clients is mushrooms Psilocybin. Yeah. Yeah. I've taken mushrooms and Pedro lowasca in other ceremonies, so I I've experienced them. I prefer to work with mushrooms, myself.

Caspar Szulc:

Just curious, are there differences to what you experienced and maybe what you've heard from each that will kind of put them in different positions?

Stacy Berman:

Yeah, so it's very interesting. I find with, with lowasca lowasca is a very much grandmother energy. She is, she is like the all knowing feminine darkness. If you will, it's hard to put this into words.

Caspar Szulc:

It sounds pretty cool.

Stacy Berman:

And it's quite interesting because it's the first time I have you, you've heard about lowaska experience before the common narrative is that you purge physically, you purge emotionally, psychologically you purge. So the first time I ever did lowasca I was expecting to fully purge. Now, granted I had done eight years of, of medicinal work before doing lowasca with mushrooms. But still I was like, all right, get ready. Here we go. And so the only thing I experienced with lowasca not first time was, and it was nighttime. And there, I was probably in a group of 20 other people and I laid there and had my eyes closed.

Stacy Berman:

And the only thing that I experienced was I saw golden light and I felt completely peaceful. There were no other visuals beyond the golden light. There was no other feeling beyond being feeling peaceful. And it was quite interesting because everyone else around me was purging. So like, if I listened to them, I would start feeling a little nauseous, but anytime I brought it back to myself, peace and golden light. And that's been my experience with lowasca so far. I mean, I have had visuals since then, but it's always been very much. She's always been very kind to me. And if I think about it from my past experience, both both my mother and her mother, my grandmother were both very hard women.

Stacy Berman:

And so, although I'm sure they loved me, there was no outward appearance of love. I could not tell. So, so I think, again, back to this idea of the medicine gives you what you need, not what you want. I was expecting the beating, which would have been consistent with my, you know, my growing up. And she gave me instead, what I needed, which is you need to feel peace, my little one, you need to feel this safety. And that's been my experience with her. I've never purged. I've never purged with her physically I've, you know, emotionally outcry and stuff. But so she's been always very gentle with me. So she's grandmother, San Pedro is grandfather energy. So often done in daytime, starting the ceremony and daytime and the light. That was much more visual to me. Those times that I do it those times are also very physical for me.

Stacy Berman:

So so, you know, when when an animal goes into strip a fight or flight, and as soon as they get away from the predator, you'll see them go through this shivering thing off, let that, that energy in all of my San Pedro ceremonies, it has been that it's this uncontrollable shivering. And, and it's funny cause you know, your, your part of your brain is still there. And you're like, am I cold? What's going on? And you're like, no, I'm not cold at all. It's just, my body is going through a process of letting all the repressed emotions. So in San Pedro, I feel like I'm being held. It feels like my grandfather is holding me and protecting me. That's what the experience is like for me. And then in with mushrooms, mushrooms that

has more of grandson energy. So kind of playful depending on what you need. It not always playful. But it's a bit lighter. It's a bit it's a, for me, it's a bit of whats the word I'm looking for. It, it lightens the energy rather than like with lowasca. It's like, it's very here now. Not heavy necessarily, but here with medicine, it feels like the layers are coming this way. Again, this is all very challenging to put into words. But I think for me, those are the differences. I mean, across the board, I lost his grandmother, San Pedro's grandfather mushrooms are grandson, but that's the energy that I feel in each of them.

Caspar Szulc:

And you're only going with grandson when you do your journeys, when I work with people, what do you work with people? Yes. Yes.

Stacy Berman:

When I do, when I work with other ShawMan I've done whatever, whatever. Yeah. I mean, not whatever they're offering, depending on what it is. So yeah, so that's, that's what I work.

Caspar Szulc:

What is the environment like that you like to position people in, if you're working with someone, is, is there a particular environment or is it to each person? How does that work? Cause I do feel like you said, times square probably is an environment you want to be doing this journey. And so what is the ideal environment?

Stacy Berman:

So the ideal environment is what we pass through phases. When I work with people, we usually pass three phases. The first one will be in a safe container. So I mean, I prefer to go somewhere in nature, you know, not in New York city, somewhere. That is not a place that you're familiar with. So not your own house, because then you have connections and memories and we want to create a, a blank space really. So somewhere out of the city, connected to nature somewhere where we could start out inside and then eventually move outside. And so that, that transition is very important to me to be able to be safe. And then, because it's just like the narrative of, of life, right? You start in this small container of your mother's womb, then you're in the home and then eventually you go out into the world and interact with the world. And so this is energetically mimicking that cycle. So I've done it like this weekend, we're going up to Garrison. So I mean, sorry, Airbnb, but sometimes we do it with Airbnb.

Caspar Szulc:

There's someone right now at Airbnb looking into your account.

Stacy Berman:

Exactly. So yeah. At the important part is like nice container somewhere outside of the city that we have access to then going outside.

Caspar Szulc:

Yeah, yeah. No, it sounds like that would make sense where you're going through that energetic and you want to be away from things there. What are your feelings on microdosing? Cause I feel like a lot of people have been pushing for that as well to, to kind of, is that something you have dealt with?

Stacy Berman:

I mean, I've personally done it a little bit with mushrooms and I don't, I can't really talk too much to it because I've not experienced it. I I'm a big believer in, I want to experience it fully before I comment on it. I've not done that consistently enough to know to give it a thumbs up or thumbs down. I've heard a lot about it. So yeah, I wouldn't, I wouldn't comment on it fully because I've not experienced it yet.

Caspar Szulc:

Yeah. And for people that are patients going through maybe treatment or something, would you recommend doing this during a treatment or do you have to be at a certain state? Meaning a lot of doctors would probably not recommend, especially from the conventional side that they stop their Medicaid or stop some kind of treatment and go there. But you know, I know there are a lot of patients exploring things. Is there a way to do this? It is still comprehensive. Like if you were getting treatment and IVs and detoxing and everything, would there be a point where you'd say right, let's wait or you could do it during treatment?

Stacy Berman:

I mean, I, I guess I would say what of treatment? Like I wouldn't, you know, if someone is doing chemo and radiation, I would not, I would not do it. But I think that, you know, I've worked with some physicians who have recommended clients to me and like we have dialogue back and forth and, you know, based off of our interactions, if the doctor is like, yes, I think this is somewhat something that they can do at this point. Then we can do it within the treatment. I think, you know, with people who have tried everything.

Caspar Szulc:

Which is almost everyone out there with chronic disease.

Stacy Berman:

Right. That, that medicine journey is, is something good for them because you've already exhausted everything else. And now let's take a second and look inside and see what you're telling yourself and see what the issues are. And then those are really good indications. I mean, how amazing would that be? Somebody comes to me, okay, I have this, this and this. Okay. Let's work through this medicine journey. These are the symbols that came, let's understand the symbols. And then I'm like, Caspar, this is what this is. These are the psychological and emotional things she's working with. This is how it's manifesting in her body. And now those are, those are tools that the doctors can use in order to give better treatment to them. So I, I think, I mean, I don't know how soon that trajectory is actually, you know, how, how, how soon that would happen because I know, you know, most people are still on, on the ledge and, or totally against medicine journey. But I see it being a very useful tool for the healing process.

Caspar Szulc:

I mean, you've talked me into it a little bit more because you know, my whole issue with a lot of these things where CBD, you know, or medical mushrooms is people like to use it as this is the cure, the answer to my problems. And I just don't believe in that at all. And hearing how you're explaining that it takes multiple tries and you've got to do the work still. It isn't that you take this and everything is solved. And of course, I believe anything that's in nature can help us in some ways, right. It could also, you know, harm us as, as everything has polarity in this world.

Stacy Berman:

Right.

Caspar Szulc:

And they are tools, but use properly in the right gun. It's an understanding that there is still work to be done. That that's a big part of it so.

Stacy Berman:

Yeah. You know, so I want to share I want to share too, that one story I shared with you about the my first medicine journey. And so then of course I had, there was tremendous healing within that time. And then of course I had to do the work out here. And then many years later I did another medicine journey and it was also related to this idea of mother. And at that time I had tremendous lower back pains, my lower back spasms in the middle of the night. Sometimes I couldn't sleep, I couldn't touch my toes. It was painful. And so I was on this medicine journey and I'm in this sacred circle and I'm laying there and I hear this voice, whoever this voice and this voice said to me, you are mother and me, my ego self was like, no, I'm not, no, I'm not gone through this before. I'm not.

Caspar Szulc:

Your're wrong.

Stacy Berman:

You got the wrong lady. Then the voice was like, yes, you are. And then me and my ego self was like, literally I was like a third grader having a tantrum. No, I'm not. And this went back and forth for however long. It went back and forth and eventually the understanding. And when I say understanding, I don't mean the intellectual understanding, but the embodied understanding hit me that I am mother, whether or not I have a biological child. And as soon as I received that, my lower back stopped hurting and has not hurt since. And so yes, you can have things that instantly change in a medicine journey. I'm not discounting that that has happened personally to me. However, that was one time, many times. And I would even say that what appeared to be an epiphany within the medicine journey was based off of all of the work that I had previously done. And it's finally got to an embodied understanding in that moment. So yes, you have a epiphanies, but it's based off of previous work and there's work going forward.

Caspar Szulc:

Right. And I can imagine that all the work that's put in it, sometimes it is the needle that breaks the camel's back in a sense. So you were just at that point and there was that last piece of resistance that needed to melt away and be like, you are mother, bitch, like, let's look through your head. You're like, Oh God,

Stacy Berman:

Oh. I mean really if, if, if I could do a cartoon of that, it was just like me having a tantrum with the universe, just looking at me, like, just, just take it. I was like, all right, fine.

Caspar Szulc:

And that is the thing, when Ego comes out. I've been told this when you're having like tantrums, when someone's having a tantrum, it really is like a little child. You have to see them as that. Sometimes and treat them as that. You see these older people having these tantrums. And it is almost like you gotta like a child. What can I do for you? Okay. You need to melt that ego away. Cause that's what it is. That's what's coming out. And it's amazing when you can break through that. And that's why I think something like this, a medicinal journey could be an incredible thing to release certain blockages, whether it's energetic, emotional, cycle emotional. And these are the initiation points of so many diseases that happen. And sometimes the last missing piece, you can work on biochemistry and fix it and fix it. And biohack yourself, eat well, work out, like get all the treatments, have all the devices. I see these people, but still struggle because they're not addressing that last little bit.

Stacy Berman:

That little bit. And I think that that's what I made the distinction between this intellectual understanding.

Stacy Berman:

Like you can have all the knowledge, but until it's in here, you're not getting it. And so the medicine journey is a useful tool to get it here a little bit more and show you what you need to do in order to get it here more.

Caspar Szulc:

And clearing those blockages. And now one block did, you're seeing a lot of, and this is to switch subjects now is his sexuality. And I think a lot of people are out there kind of not understanding where they lie and how they are dealing with sexuality. I think. And I do think that, you know, it's a lot of Americans and a lot of the world right now is this kind of, you know, suffering with an idea of what sexuality should be and repressing certain sexual things. So tell me about your work because you are one to make people blush. You are one to just talk straight and shoot the shit when it comes to sexuality. I love it. There's no BS. There's no hiding it. No like let me sugar coat this for you. You're going right in.

Caspar Szulc:

Yeah. That is what I am talking about. Oh shit.

Stacy Berman:

So, Yeah. I feel like sexuality is such a misunderstood mismanaged component to all of humans. I have never met a human who has a healthy sexual expression. Yeah. Myself included. I'm better at it. My dysfunction tended towards the hypersexuality and that's because when I was a kid, I wasn't getting the love that I, you know, I wasn't receiving love for my parents or so I perceived, and I got a lot of attention for the way I loved and being sexual. And so I used sexuality as a way to attract attention, which I misunderstood

Stacy Berman:

As intimacy and love. So, so mine was, you know, miss married, mismanaged in the opposite way to a lot of people that I see, most people repressed.

Caspar Szulc:

We have like hypo and hyper. Right. And you were a little hyper. Most people are hypo, which is yeah. And you want that balance almost in a second.

Stacy Berman:

Yeah. And so the metaphor that I like to use with people to demonstrate this idea is that if let's say you build a beautiful mansion and you forget to add a vital room to it, let's say it's the kitchen. Eventually you're going to say, I'm hungry. I need to cook something and you realize, Oh shit, I don't have a kitchen. And so in order to in order to build the kitchen, you're going to have to completely change the format of the mansion. You don't have to have to change the piping, the wiring. You're probably going to have to get new appliances. In some cases, it's probably easier to just demolish the entire mansion and rebuild. And this is what I think that people do with their sexuality. They're like they were repressing it. They were repressing it based off society, culture, family, religion, you know, we all know why this stuff is repressed.

Stacy Berman:

And they want to then piecemeal it in. They're like, can I just put this here? And I'm like, no, you have to change the way that your whole self is. You have to change your whole identity. Basically. That's not to say we're throwing every bit of you away, but that your sexual self is a large part of who you are. And if you've been rejecting that part of who you are, that means your identity is not actually you, what you take to be your personality is not you. This is the condition to you. This is the part of you that can't deal with that other part of you because you're ashamed of it or your whatever, the, you know, whatever the negative association you have with a sexist. So I think this is really, really important. And this is why I constantly talk about it because nobody wants to talk about this and healing.

Stacy Berman:

It's like, okay, you're eating right. You're exercising. You're seeing a therapist. You're seeing, you know, you're seeing a mind body specialist. You're doing, you know, the, the the crystal that you're doing, all the things you're doing, all the things you're not talking about your sexuality. That's like, if I'm like, all right, we're going to work on everything, but your heart, it's a part of you. What are you doing? So I think that that's, that's the, that's the block I come up against. And you know, this is a really tough one because it's such a taboo topic.

Caspar Szulc:

Incredibly taboo, and where it taught at a young age, it's so taboo. Right. Even that idea of nudity. I know I was just in fire Island and niece and nephew. They're running around naked the whole time, but the whole time the parents, like you can't do like put your clothes on. Like everything I'm like would be naked. It's cool. Like they're just out there having fun and everything. It's, it's what we are as humans, thousands and thousands of years, we were just naked out there and surviving. And I don't think there's anything wrong with that. And you have to admire the human body in all its forms. And I know you've done a lot of that with your shoots and doing like, which is awesome and appreciating the human body and what it is. But as a whole, I think society has kind of, you know, blocked that out. Almost turned sexuality into a negative thing that breeds, you know violence and other, you group it together, which is crazy to me, like shooting someone and being naked. Ain't the same. Like, let's be honest.

Stacy Berman:

I mean, come on who I'd rather see people naked than see people getting shots.

Caspar Szulc:

Absolutely, but we kind of sit there and okay, We don't say that enough. It's almost weird to say, I'd rather see you naked. And you know, with your clothes on. And I guess there is a little bit of that, you know, idea of there's harassment, all these and people always group sexuality into a negative when it doesn't have to be right. So how do we start to change the narrative? Is it just actually having these discussions?

Stacy Berman:

I think it is having these discussions. I think that one of the things that I see a lot is blame and yes, there has been lots of sexual harassment and no, that's not good. But we also have to change our relationship with it. And when I say we, I mean, everyone, men have to do it. Women have to, everyone has to do it when you start working on your own sexuality and what that means and your relationship to it, then all those problems start changing. And it's, it's like, you know, on the one hand, it's a biological drive, right? And on the other hand, society is telling us, this is that, of course we're getting internally conflicted. And what does the internal conflict do? Well, it fucks with your wellbeing emotionally, psychologically, physically, if I can use Dr. Gabor Maté, he talks about children when they're developing that you have two basic needs outside of obviously like food shelter, that kind of thing.

Stacy Berman:

You need connection and attachment and authenticity. And oftentimes a child unconsciously will choose attachment over authenticity because you recognize, I need this person to survive. They provide me with and shelter and emotional support in quotes, depending on who you are. So subconsciously, the child will always choose attachment because it needs to survive. And then what winds up happening is you begin to repress your authentic self. You begin to repress your emotional needs and wants, and eventually what that does. And he's studied this his whole life is the repression of yourself manifests in diseases or addictions or things like that. Now, if we can take that concept and look at sexuality, children's sexuality right from the beginning is like, no, don't touch that. No, don't do that. So already they're programming themselves to reject that authentic exploration of themselves. And I don't have kids. So like, I know it's easier.

Stacy Berman:

It's easier for me to say like, you know, your fucking kids up. But I think there's obviously also, you don't want it to adult just like on the street jacking off socializing, but I think there's probably a healthier way that that sexuality can be approached within the family unit and then definitely within the society, culture, community units. Otherwise that part of you can not only affect your psychological wellbeing, but it can literally have an effect on your physical body, just like any other repressed part, if you would, if you repress grief that could show up in your body, if you repress anger that can show up in your body, if you repress this vital part of yourself, self, sexuality, and sexual exploration and sexual expression that can have a physical manifestation in your body. I've had a few women who have had they've experienced, they've developed fibroids, which I believe they believe is directly a result of sexual abuse. Again, more and more studies would need to go into that to like confirm, but there's a clear link there there's a clear link. So healthy sexual expression is not only a concept of like, let me rub your Yoni. It's a, it's a, you know, it's part of your health, it's part of your overall health. And just like you wouldn't avoid dealing with issues around your heart. You shouldn't avoid dealing with things around your vagina or your penis or whatever operetta you have.

Stacy Berman:

So that's my 2 cents on that.

Caspar Szulc:

It makes total sense, A huge part of who we are. You said it as biological beings, there is this, you know, drive to procreate to, to just, you know to get it out basically, and be humans and be animals, which we are in some ways. And I think a lot of us have truly repressed that and push that down and felt very guilty felt in negative state, shame and guilt, which, you know, on Hawkins scale is very low. That is, that is a disease inducing level of consciousness that sooner or later will manifest into some symptoms and disease. And so if you have someone out there that feels that way, that feels a little bit shameful either about their past or what's going on or sexually, what would be your advice for like even a simple step they could start to do to start to take, to acknowledge their sexuality and make it a healthy relationship.

Stacy Berman:

One of the exercises that I have, a lot of people do, a lot of women who have issues around sexuality is what this exercise called aspecting. Have you ever heard of this?

Caspar Szulc:

I haven't, no.

Stacy Berman:

So aspecting is a process where you identify and possibly name, different aspects of your personality. So an easy one is your inner child. Another one might be, you know, your sexual being another one might be in, in cases with sexual assault, the part of you that has been sexually assaulted. So you identify those different parts of yourself, name them. So you can have a conversation with them, and then you have that conversation, but have that conversation through them. So you can speak to, I could speak to them as me as Stacy and then give them the voice to speak. And that I find to be a very illuminating process because, because that stuff is full of shame and guilt and pain and all those negatives, negative emotions, we don't want, we often don't want to talk about it.

Stacy Berman:

We often don't want to have that conversation because we're scared of what's gonna come up. And so, but if you can imagine, if you, if you avoid it, anything you avoid just amplifies anything you resist persists. So this is just a method of giving voice to that part of you or those part of you. Those parts of you that have been that have not had voice. And once you start that conversation, then you can ask questions. Well, what do you want? What do you need from me right now? And your body will respond. Your body will respond when you ha when you have a conversation and take it like a threat, like you're speaking to a third grader, you know, like a small child, what do you want? What do you need right in your it's feel safe. And then you do those things. And so I think that that's a really important step, even before we get to like anything sexual related or any techniques or anything like that. It's like, let's start having a conversation with those broken parts of ourselves, see what they want, give them a voice and see how you can start to integrate them back into you.

Caspar Szulc:

And what if you're unsure? Because I know a lot of people, even that come into our center and have some psycho emotional issues that, that stem back further and could be sexually related, but either have blocked them so well and put walls around them that they can't even acknowledge them or speak of them or refuse to. Is, is that something still where you could go into a visualization journey or just kind of deep into yourself and just sit there for a while until it comes up? Like what, what's the advice there? Cause I feel like so many people just don't acknowledge that that is even a problem. And if you're not going to acknowledge the problem, you'll never be able to submit it forward.

Stacy Berman:

Yeah. Well, I mean, when I work with people who don't think there's a problem that the there's two or three ways that I usually look at them, I'm like, your patterns are telling me, there's a problem. So you may say to me that there's not a problem, but everything around you is saying, there's a problem. So that's the first way I look at your, look at your outward life. And it's going to tell you exactly what the problem is. It's hard to do it on your own. You usually need somebody to play the second and third ways, our body posture and body movement. So I can read what their body is telling me. I can read through the stress points through the rigidity or fluidity of the body, where that stuff is. Again, I wouldn't expect people to be able to do this on their own.

Stacy Berman:

You would want to work with somebody to do this, but your narrative, what, the words that you're telling me, basically just give me the details, everything I need to know. I've already read from the patterns in your life and from what your body is telling me, the details are just your there's something intellectually that helps when you tell the details. But in the case of walls, then I would say an exercise they could do is like, we'll aspect your wall. What is your wall trying to protect you from, see if the wall says anything back. So you can use that exercise. And eventually, you know, and there are some people who are just fucking resistant. I personally, I don't work with resistant people anymore. Just like, I'm not trying to convince you if you want my help, I'll you, my help.

Stacy Berman:

I'm okay to have a debate back and forth and explain it in details. But like, if your wall, if you're completely resistant, I'm not interested in convincing you.

Caspar Szulc:

Right.

Stacy Berman:

So it's probably different at Innovative Medicine, you probably get a lot of resistance.

Caspar Szulc:

Tons.

Caspar Szulc:

You would think that people would come and already, you know, I heard about, I did this. I did, my research, totally resistant is incredibly it's like, why are you even here? Then? You know, like if you really didn't want to go see a movie, you went to see it you're resistant and watching it like, well, how would

you go there? But that's our nature. I think these days we are resistant. We want to say we're open when sometimes we're not, and we're not picking up on that. And it's so true that you, you have to read your body. It's giving you these signals all the time. As we started talking about the sexuality thing, I noticed myself kind of getting like a little restricted. And that was just, that's my natural reaction. I think the sexual , because there is that a little bit of resistance there, but I noticed that I was like, hold up, like open up a little bit.

Caspar Szulc:

Stop scronging down in the corner.

Caspar Szulc:

So, let's talk about sex.

Stacy Berman:

She said balls.

Caspar Szulc:

And again, I think we're just taught that since we were little, it's not like our fault. It's just, yeah. I was always told, like, don't say those words and don't do those things and don't talk about sex in that way. Like, it was a little bit more conservative, stoic Eastern European upbringing where I was. Right. So I realized that, but being aware of it is the first step. I feel to notice that you're becoming constrictor or feeling a certain way, or even closing up or talking differently about a subject means there's something going on.

Stacy Berman:

Exactly.

Caspar Szulc:

So back up on that and then be able to either look into it more yourself, or find people like yourself to help because that, that journey alone to get into it and start to peel back, what's going on sometimes requires a little help and you can try it your own.

Caspar Szulc:

But I feel like a lot of times that takes a long time. And a lot of times you just kind of give up ego sort of wins out. You're perfect. Don't worry about it.

Stacy Berman:

I was going to say that the ego is if you're trying to work on yourself, the ego wants the ego. Ego wants you to stay where you are, because it understands where you are. Anything that is unknown is a threat to the ego. And so if you're the ego at this point, then it's going to be like an uphill battle to do it on your own. You need somebody to mirror that and you can do work on your own. You don't always need someone, but there's something very helpful about having that back and forth.

Caspar Szulc:

Absolutely. It serves as such a catalyst to change. I feel like having someone else there cause you're right, the ego is incredibly strong. It does not want to change as much as you acknowledge change.

Caspar Szulc:

It's incredible with the ego, do the mental gymnastics people are able to do. And I know too, like we've all been there. I'm not like saying that, Oh, other people are only dealing. We all deal like healers. Like we're all humans in the same boat here. And, but, but I've realized that it's, it takes a special and you ready take the step when you reach out and say, I need your help. And that already starts to limit the ego and what it's going to do. And, and you get that assistance from someone else that knows the spot, certain things, and can absolutely speed up this healing process and getting to know yourself.

Stacy Berman:

Yeah, exactly. I think the mirror is so important. Otherwise you're just, you're staying within the same shell that the ego is in. So find somebody to work with, if it is something that you are looking to, and if you decide to work with me and there's resistance, I will choke you out.

Caspar Szulc:

She'll do it. She will do it. Don't test her. I'll tell ya.

Stacy Berman:

I've taken down a lot of men who are a lot bigger than me.

Caspar Szulc:

Stacy,, where can people find out if they do want to work with you? If they're listening to be like, yeah, that sounds awesome. I need to either go on a journey, explore my sexuality, all these things that are so necessary that I think people are missing still. So where could they find out more about you?

Stacy Berman:

And they can check out my website Stacyberman.com. S T A C Y B E R M A N. I just say it like that because everybody always wants to put an E in my name. No, I am Stacy or my Instagram is Stacy Berman Phd.

Caspar Szulc:

Yeah. You're doing awesome things. Is there anything exciting you got coming up? I know you launched in Kuwait with your protein system by Stacy. That was awesome to see you're doing all this healing stuff. I know you had a TV show, I think right. First time you came on, you were just talking about, and by the way, congratulations, you're the first, second time guests also on this show on the podcast, but yeah. What else?

Stacy Berman:

Yeah, so I'm doing it so that that TV show, so we were supposed to go into production April and then COVID happened. So we're hoping to be able to reconvene in September. So I'm really, really looking forward to that because that is really incorporating. So all the stuff that I was just talking about about body, body movement and pattern, movement patterns, and self perception and sexuality, and like being present in your body and feeling the feelings, the TV show is all around that the TV show itself is

called the Naked Sessions, the working name and the concept is to have people come in one by one. Obviously I will have had an understanding of what their issues are going in. And then we do a photo shoot with them where they're basically getting naked, but I'm guiding them to be inside their bodies to start moving in different ways to start embodying, let's say, beautiful or strong or durable or whatever it is that they need in that moment.

Stacy Berman:

And through experiencing that you I've witnessed before my eyes complete change in their way of being which of course will have physiological changes over the longterm. And of course his work to be done afterwards. But it's it's just a change in perspective or a, an expansion in perspective of the self. And once the perception has expanded, you can't go back to that. So a quick example of this is one of the first photo shoots I've ever done. I had this one woman, she was a mother of, I think, two or three, I think she was in her late forties. And I said, well, what is your beautiful look like? And she broke down in tears. She's like, I never consider myself beautiful. And so she's never had that experience within her body. And so we started moving her and I started asking her questions and show me what this looks like and show me what this looks like.

Stacy Berman:

And eventually she was able to get into a pose where she felt beautiful, not here. She felt beautiful. And then that was a starting point for, well, how do I do this now in the rest of my life? So it's, it's a little, it's a show that will only be probably 30 minutes. I'm hoping we do like follow up, but I'm really excited about that. I mean, I think it's visually, the project is beautiful naked photos of, of beautiful women, of all shapes and sizes and colors and all that stuff. But emotionally and energetically and healing wise, it's such a beautiful and quite immediate transformation that I see. I mean, I I've done the first one, the first one, I was one of the models and I felt different, but like to hold that container for other people to go through. I mean, for me, it's just like, ah, it's like what I was meant to do so

Caspar Szulc:

That's amazing.

Stacy Berman:

Yeah.

Caspar Szulc:

I can imagine that's so liberating and it is a healing, you know, experience and then to guide people through that.

Speaker 2:

So cool.

Stacy Berman:

Yeah. So that's, that's the next big thing and let's see what else life throws at me.

Caspar Szulc:

Yeah.

Caspar Szulc:

Well it's 2020. So you could expect that.

Stacy Berman:

Exactly. I shouldn't say that.

Caspar Szulc:

You're going to have an intergalactic experience. No, but amazing things, amazing things. And thank you so much for coming on again and sharing is I always have a blast chatting with you and talking these topics that are so important and unfortunately not talked about enough and kind of separated from healing and you, you're doing an amazing job. So keep it up.

Stacy Berman:

Thank you so much. I always love talking shop with you and maybe I'll do the next, the first triple. Yes. Let's set it up.

Caspar Szulc:

I mean, we have so much, we could talk about every time. These are just two. This is a tip of the iceberg of shit where you could talk about.

Stacy Berman:

I have an idea actually we should do, but we'll talk about it off camera.

Caspar Szulc:

They're not ready for it yet. Stacy, thank you so much.

Stacy Berman:

Thank you so much Caspar. Have a good one.

Caspar Szulc:

It's always a pleasure to speak with someone who not only has the knowledge of specific healing subjects, but the experience as well, whether it's embarking on a medical journey with psychedelics or being more sexually open and less repressed healing happens in many forms. There's no magic bullet, but there are plenty of options out there to explore. And that's what this podcast and our mission at Innovative Medicine is explore, experience, share, and heal. As you heard, Stacy is all about experiencing and sharing. She's currently writing a book called the "Naked Project Science Self Perception and Weight loss". And she's also in production with network TV, highlighting her work as a doctor on top of that, she continues to be a bad ass healer working with her clients on a daily basis to preserve our greatest wealth health. Go connect with her at stacyberman.com and connect with us as well at innovativemedicine.com until next time, stay healthy, happy, and continue writing your own healing story.